KVL
Example 3

(note: the arrows are signifying the positive position of the box and the negative is at the end of the box)

Find $V_1$ and $V_2$

Loop 1

$$-V_1 + 1 + 4 = 0 \Rightarrow V_1 = 5V$$

Loop 2

$$-4 + 3 + V_2 = 0 \Rightarrow V_2 = 1V$$